

TV-Turnoff Week: April 24-30, 2006

by Kimberly Gossling, Benefit Options Wellness

"I must say that I find television very educational. The minute somebody turns it on, I go to the library and read a book."

Groucho Marx

While this national awareness week specifically names television, other types of "screen time" should also be mentioned. This includes screen time playing video games, watching movies, and time spent in front of the computer. Though we first think of kids when this week comes around, let's not forget about ourselves.

How much time do WE spend in front of a screen?

Even as you read this article...you are probably sitting in front of a screen!

TV-Turnoff Network is a nonprofit organization that encourages children and adults to watch much less television in order to promote healthier lives and communities. They believe, "rather than waiting for others to make 'better' TV, we can turn it off and reclaim time for our families, our friends, and for ourselves."

WHY TURN OFF THE TV?

Time spent in front of the TV or other screens takes away from family *and* activity time, can harm a child's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity. Here are just a few of the facts:

- On average, children in the US will spend more time in front of the television (1,023 hours) than in school this year (900 hours).
- Forty percent of Americans frequently or always watch television during dinner.
- As US Surgeon General Dr. David Satcher said at the Kick Off of TV-Turnoff Week 2001, "We are raising the most overweight generation of youngsters in American history...This week is about saving lives."

As with all behavior change, be realistic. Don't expect to go home one day, turn off the TVs and computers and think it will be a welcome change.

The kids won't like it and don't be surprised if you find you don't like it either. If you can't go totally screen-free, try to at least reduce the amount of time in front of the TV and computer.

Some screen time is necessary— it can be necessary for work, school, or even just for pure entertainment. Though the TV-Turnoff Network holds more of an "all or none" attitude toward TV watching, it is important to adapt this message to fit the norms of your own life and household.

SILENCE IS GOLDEN

When the TV *is* on, pay attention to what your kids are watching. Try watching an entire show with your kids, from start to finish, including the commercials. Really listen to the message and pay attention to the images being portrayed. Discuss these themes and messages with your kids.



You may notice no one is even *watching* the TV most of the time it is on. Sometimes it just becomes part of the background noise of life. The real goal of TV-Turnoff Week is to reduce the noise and distraction and focus back in on your life, your family, communication and activity.

If you decide to implement some of these ideas with your family, it is important to present them with the right message. Stress the fact this is *not* a form of punishment. Consider some suggestions offered here.

Read more about what you can do instead of watching TV, on page 4...

Helpful Ways to Reduce Screen Time:

Provide other options and alternatives. Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends. More ideas on page 4 of wellNEWS.

Don't use TV to reward or punish a child. Practices like this make TV seem even more important to children.

Make screen time, active time. Stretch, do yoga, lift hand weights while watching TV; challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during commercial breaks, or switch to an exercise tape during commercials.

Make meal time, family time. Turn off the TV during family meal time. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research has shown that families who eat together tend to eat more nutritious meals than families who eat separately. Make eating together a priority and schedule in family meals at least two to three times a week.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm>



Available Classes in Phoenix

Fit & Fast Cooking

\$1.00 Copay (pay instructor at time of class)

Ted Rogers, "America's Chef and Lifestyle Guru," will show you how to build a lifestyle of high energy, great foods and better health. Being healthy does not have to be hard. Everyday, thousands of opportunities are presented to build higher levels of wellbeing. Delicious and exciting food can be a part of a healthy lifestyle and can be completed in 20 minutes or less. "A Handful of Health" mindset means anyone can feel better and be more productive. Class participants will receive delicious *Fit and Fast Food* ideas, food samples, and recipes

to keep you energized, satisfied and happy!



Available for purchase at class: Fit & Fast Cooking Cookbooks—autographed by author, Ted Rogers! \$10.00 each

Tuesday, April 18th, 11:00am-1:00pm

Dept. of Water Resources - 3550 N Central Ave
2nd floor conference room

Space is limited **REGISTER BY April 12th**

Email: drwallace@azwater.gov

Surviving the Supermarket

FREE

Going to the supermarket seems like an easy task, but it is becoming more and more difficult with all the food choices there are. This program will help participants develop effective shopping techniques, learn to read and interpret labels, and get the best nutritional value for your dollar.

Thursday, April 20th, 11:30am-12:30pm

Dept. of Correction - 3701 W Cambridge
ACI Training Room

Space is limited **REGISTER BY April 14th**

Email: jlongm@azcorrections.gov

New feature to the electronic (PDF) version of this newsletter—when you see the computer icon, click on the icon or text to navigate to that website!



Changes to Wellness Services: Library

Effective April 1, 2006 the Wellness program is no longer lending materials via interagency or US mail. Materials may only be borrowed in person, on a self-service basis. Other, limited, in-office services will be available *by appointment only*.

You are asked to always call before visiting the Wellness office at 100 N 15th Ave, Phoenix.

Call 602-771-well

New Mission & Vision



Benefit Options Wellness is working toward its updated program mission and vision...

Mission: To provide all State employees and health plan members with wellness resources and targeted, proactive programs that support and encourage disease prevention and healthy lifestyle choices.

Vision: To be recognized as a leader in effective wellness programs that assist in fostering a healthy culture, reducing healthcare costs, increasing productivity, improving employee morale, decreasing attrition and increasing retention.

Don't see anything scheduled in your area?

All of our events are requested by individuals at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to learn "[How To Request and Schedule Worksite Events](#)."



Online Event Request Form

Event requests are now submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.



Not sure what we offer? Visit the Wellness website page "[Worksite Wellness Programs Offered](#)." Read through the lists of classes and screenings offered.

Skin cancer screening requests are still being accepted. Availability is limited; dates are determined by vendor.

upcoming events



“Early detection is the best defense we have at this time for catching breast cancer in its earliest stages,” says Catherine Midgette, Executive Vice President of MOM. “If we find the cancer in its earliest stages, the patient has a 97 percent survival rate.”

MOM will directly bill insurance, so there may be no out of pocket cost to you. Check with your insurance’s member service department for more information. **Call MOM at 480-967-3767 to schedule your appointment.**

All Benefit Options plan members can attend these events. If you have a different insurance plan, call M.O.M. to ask if they accept your health plan.

The M.O.M. van will be parked outside the following locations:

Bullhead—Tuesday, April 4, 2006
1:00pm-4:00pm Dept. of Economic Security
2601 Hwy 95

Kingman – Tuesday, April 4, 2006
8:00am-11:00am Dept. of Economic Security
301 Pine St

Phoenix – Wednesday, April 19 , 2006
9:00am-4:00pm Arizona State Hospital
2500 E Van Buren St

Phoenix – Thursday, April 20, 2006
8:00am-4:00pm Dept. of Environmental Quality
1110 W Washington

Phoenix – Wednesday, April 26, 8:00am-4:00pm
AND Thursday, April 27, 8:00am-12:00pm
1275 W Washington St Attorney General’s Office

Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

This service is generally provided on a request-basis. There is a minimum of 25 people required. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite.

Carnegie Center Lecture Series

The Carnegie Library will continue hosting a free lecture series called “Bonus Years @ The Carnegie.” There are two more classes in the series.

These events are totally focused on healthy living. Bring Your Brown Bag Lunch for a discussion with the following authors:

Thursday, March 30th, Noon – 1:00 pm
Ellen Freudenheim:

Looking Forward: An Optimist's Guide to Retirement

Thursday, April 27th, Noon - 1:00pm
Claire Berman:

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive

*The Carnegie Center is located at
1101 West Washington, Phoenix*

Enjoy the walk or use the parking garage at
10th Ave & Washington St - enter on Washington St



For information on the entire lecture series, visit:



<http://www.lib.az.us/carnegie/author.cfm>

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite. Also, check the



Wellness website for events scheduled in your county.

**Find out “What’s Scheduled”
by going to the Wellness website.**

FOOD SAFETY: EGGS



Make sure the Easter bunny at your house takes "egg"stra care when handling eggs for dyeing and hunting.

This list of helpful tips for Easter eggs

are as safe to eat as they are beautiful to behold.

- Keep fresh eggs refrigerated until it's time to cook them.
- Wash your hands thoroughly before handling eggs at every step of the process: cooking, cooling, dyeing and hiding. Egg shells are porous and permit bacteria to penetrate, especially after cooking.
- Cook the eggs until both the yolk and white are firm, not runny.
- Refrigerate hard-cooked eggs in their cartons until ready to dye them. Do not eat hard-cooked eggs that have been out of the refrigerator for more than 2 hours. Hard cooked eggs can be safely stored in the refrigerator for 7 to 10 days.
- Don't color or hide eggs with cracked shells.
- Use only food coloring or food-grade egg dyes to color eggs. Refrigerate eggs in their cartons immediately after dyeing. Cold temperatures keep most harmful bacteria from multiplying.
- When hiding eggs, whether indoors or outdoors, avoid areas where the eggs could come in contact with dirt, pets, insects, wild animals, birds, reptiles or lawn chemicals. Never hide cracked eggs.
- The total time for hiding and hunting eggs should not exceed 2 hours. Refrigerate the eggs immediately after they are found.
- After the hunt, discard eggs that are cracked or dirty. Bacteria can enter eggs through cracks in the shell. Rinse uncracked eggs, then place them back in the refrigerator until it's time to eat them.
- If you wish to use dyed hard-cooked eggs as a centerpiece or other decoration, cook extra eggs just for this purpose and discard them after use.

Sources: www.fda.gov; www.kraftfoods.com; Cooperative Extension, College of Agriculture & Life Sciences, the University of Arizona

TV-Turnoff Week, continued from page 1

Now that the screens are turned off... WHAT DO YOU DO WITH ALL THAT TIME?

- Go to the library or a local bookstore
- Start a garden
- Check out your parks and recreation centers —join a group or class. A lot of them are free or inexpensive.
- Visit a public park you've never been to
- Write a letter
- Take a walk, a swim, or a bicycle ride
- Rollerskate or roller-blade
- Start a journal or diary
- Make a scrapbook or photo album
- Cook a meal with family or friends
- Make costumes and have a parade
- When it's too hot or cold outside, build a tent or a fort in the house
- Play hopscotch, hide & seek, or freeze-tag
- Do yard work, clean the house or make household repairs (school-age kids can help with many of these activities)
- Visit the zoo
- Go to a museum
- Volunteer
- Walk laps in the mall—try to resist going in the stores. Do some laps just for exercise first, then do your shopping.

For interactive, fun ideas for kids, check out the "BAM! Body and Mind™" website from the CDC: <http://www.bam.gov/index.html>



Spend some time *together* in front of the computer screen (but not too long) exploring the BAM! website and then TRY some of the activities and other great ideas it has to offer.

Spend less time in front of TV and more time enjoying life!

For more information visit:

www.tvturnoff.org
<http://www.cdc.gov/nccdphp/dnpa/>

Created and published by ADOA Human Resources,
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www.benefitoptions.az.gov/wellness
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Persons with disability may request reasonable accommodation by contacting the ADOA Benefits Office.

If you need this issue in alternative format, please call 602-771-9355

benefit options
wellness!
Be Well Stay Well.

The 2-Hour Rule

Discard eggs or food left unrefrigerated for more than two hours. On a hot day (90°F or higher), reduce this time to one hour.